
PROTECTIVE AND RISK FACTORS OF SCHIZOPHRENIA

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Introduction: Manifestation of schizophrenia significant depends on whether the impact factors that trigger the disease on individual. The influence of protective factors can reduce the risk manifestation of schizophrenia and even improve clinical presentation.

Aims: To study the impact environmental factors, in risk and protective role, on manifestation and clinical presentation of schizophrenia spectrum disorders (F 20 - F 29).

Method: We recruited 108 cases (50 females; 58 males) of schizophrenia spectrum disorders (F20 - F 29) aged 17 to 35 years. And control was included 46 risk group persons, who had genetic predisposition, but were not ill. The relatives and persons were interviewed for perinatal pathology and birth, child and adolescent history factors.

Results: Among the main group environmental factors were predominantly: maternal age at birth of 40 years 20.37 % (N = 22), transferred diseases during mother pregnancy 11.1% (N = 12), the availability of social deprivation, child abuse and psychological trauma in early childhood 38.9% (N=42), consuming alcohol and cannabis in adolescence 19.4% (N=21). In addition, psychological trauma in childhood and using psychoactive substances are correlated with early social disadaptation in schizophrenia. On the other hand, the projective factors were high levels of intellect and social functioning 60.9% (N = 28), emotional support from parents 87% (n = 40), excluding the use of toxic substances 89.1% (N = 41).

Conclusions: Therefore, lifestyle changes that encourage minimized exposure to known environmental factors may reduce the risk for schizophrenia.